



Miss M. Cartledge gives some helpful advice to young girls. Her letter is but one of thousands which prove that nothing is so helpful to young girls who are just arriving at the period of womanhood as Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I cannot praise Lydia E. Pinkham's Vegetable Compound too highly, for it is the only medicine I ever tried which cured me. I suffered much from my first menstrual period, I felt so weak and dizzy at times I could not pursue my studies with the usual interest. My thoughts became sluggish, I had headaches, backaches and sinking spells, also pains in the back and lower limbs. In fact, I was sick all over.

"Finally, after many other remedies had been tried, we were advised to get Lydia E. Pinkham's Vegetable Compound, and I am pleased to say that after taking it only two weeks, a wonderful change for the better took place, and in a short time I was in perfect health. I felt buoyant, full of life, and found all work a pastime. I am indeed glad to tell my experience with Lydia E. Pinkham's Vegetable Compound, for it made a different girl of me. Yours very truly, Miss M. CARTLEDGE, 533 Whitehall St., Atlanta, Ga."

At such a time, the grandest aid to nature is Lydia E. Pinkham's Vegetable Compound. It prepares the young system for the necessary changes, and is the surest and most reliable cure for woman's ills of every nature. Mrs. Pinkham invites all young women who are ill to write her for free advice. Address, Mrs. Pinkham, Lynn, Mass.

Mrs. Estes, of New York City, says:

"DEAR MRS. PINKHAM:—I write to you because I believe all young girls ought to know how much good your medicine will do them. I did dress-making for years before I was married, and if it had not been for Lydia E. Pinkham's Vegetable Compound, I do not believe I could have stood the strain. There is no other work that is such a strain on the system. Oh, how my back used to ache from the bending over! I would feel as though I would have to scream out from the pain, and the sitting still made me so terribly tired and weak, and my head throbbed like an engine. I never could eat after work, I was so worn out. Then I was irregular, and had such frightful cramps every month they would simply double me up with pain, and I would have to give up working and lie down. But Lydia E. Pinkham's Vegetable Compound changed me into a strong, well woman. Yours very truly, Mrs. MARY ESTES, 513 West 125th St., N. Y. City."

No other female medicine in the world has received such widespread and unqualified endorsement. No other medicine has such a record of female troubles cured. Sold by druggists everywhere. Refuse all substitutions. Remember every woman is cordially invited to write to Mrs. Pinkham, if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass.

**\$5000** FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

**Not Likely.**  
Old Farmer—Say, mister, what be them fellows a doin' over t'other side up the creek?  
Stranger—They are members of the Avondale Gun Club shooting at a bull's eye.  
Old Farmer—Gosh! I wonder if it be that ole hull up mine they're shootin' at?  
As Defined.  
"Say, pa," queried little Johnny Bumpkin, "what's a loafer?"  
"A loafer, my son," replied the knowing parent, "is a man who is too light for heavy work and too heavy for light work."

**Papa Pinned Down.**  
2 p. m.:  
"Papa, is Santa Claus a really?"  
"Why, certainly."  
2:10 p. m.:  
"Papa, is it true wot th' Bible says about Ananias?"  
"Of course, Willie."  
2:11 p. m.:  
"Say, papa! You must have a wondrousful constitution."—Baltimore News.  
Piso's Cure for Consumption cured me of a tenacious and persistent cough.—Wm. H. Harrison, 227 W. 121st street, New York, March 25, 1901.

**CHEER UP! CHEER UP!**

Be a Man of Sunny Mind and You'll Be Happy as Well as Good.  
How true! In the mud and sea of things—down in the blackest depths of despair that we can reach—there is always something singing—singing a song of hope, of cheer, of encouragement. No matter how dark and forbidding the clouds that hang over us; no matter how utterly hopeless our condition and our environment may be, it is the inner consciousness of the sun that is shining behind those clouds and the hope which lingers about those environments that spurs us on to efforts to overcome our hopelessness and gives us the energy to strive, to reach, to yearn for better things. Were it not for hope most of us would give up life's race now and settle down to a state of indifference bordering on melancholia.

Note the man who always smiles; note the friends at his back and call; note those who are always ready to grasp his hand and be thrilled by his good nature. There is nothing in pessimism. The man who continually refuses to see sunlight, who always mopes in the shadows, who knows no love, no charity, no good will toward his fellow man—what a miserable existence must be his! God gives us sorrows to offset our joys; tears to act as a check upon our mirth, but He doesn't intend the tears to last always, nor the sorrows to make us confirmed mourners.

Cheer up! Smile! Be merry! Lock your troubles in your heart and throw away the key. Meet your fellow man with a kind word and a firm grasp of the hand, pat him on the back and give him the words and advice and encouragement for which his heart is probably longing—be natural—be yourself—don't let the monster Hate enter into your thoughts—and you will find that your life is more full of roses than of thorns, and that you are nobler, better, happier for the words of cheer on your lips and the sunshine in your soul!—Royal Blue.

**Master of Size.**  
Annette—Dorothy is certainly a lucky girl. She must have been born with a gold spoon in her mouth.  
Genevieve—Yes; and from all indications I should judge it was a tablespoon.

**"I GROW HAIR IN ONE NIGHT."**

Famous Doctor-Chemist Has Discovered a Secret Compound That Grows Hair on Any Bald Head.



Discoverer of This Magic Compound That Grows Hair in a Single Night.  
He sends a trial package of his new and wonderful remedy free by mail to convince people it actually grows hair, stops hair falling out, removes dandruff and quickly restores luxuriant growth to shining scalp, eyebrows and eyelashes and restores the hair to its natural color. Send your name and address to the Altemheim Medical Dispensary, 1007 Foss Building, Cincinnati, Ohio, for free trial package, enclosing a 2-cent stamp to cover postage. Write to-day.

**MEXICAN Mustang Liniment** is a positive cure for Piles.

**WEATHERWISE IS THE MAN WHO WEARS TOWER'S SLICKERS**  
A reputation extending over sixty-six years and our guarantee are back of every garment bearing the SIGN OF THE FISH. There are many imitations. Be sure of the name—TOWER on the buttons—ON SALE EVERYWHERE.  
TOWER CO., BOSTON, MASS., U. S. A.  
TOWER COMPANY, Ltd., London, ENGLAND.

# EDITORIALS

Opinions of Great Papers on Important Subjects.

## The Russian Power.

**T**HE Russian power appears to be a huge, portentous bubble, which the courageous Japanese have pricked. Russia has an enormous army, but where is it? How can it be got together? An army that cannot be concentrated is no fit object of terror. To be sure, we have had a few weeks of war, but that has been time enough to cripple and bottle the Russian fleet in the East, and the Baltic fleet and the Black Sea fleet dare not, or cannot, leave their stations, while one gunboat refuses to leave the port of Shanghai, and two larger ones have been hiding themselves in a French port of East Africa. The Japanese are masters of the China seas. And the Russian mightily land army of four million men, where has it vanished? A paltry hundred thousand men, or possibly a hundred and fifty thousand, are scattered along the Manchurian railway, or split up between Port Arthur and the Yalu River, unable anywhere to offer an equal front to the Japanese advance. Even the rumors that come from St. Petersburg are all of Russian losses, and most reasonable they are, for it is impossible for Russia to hasten along its ill-built railway—three sleepers to a rail—the needed reinforcements, or even the food and stores for those who are spread along the front. Japan was "bluffing," they told the Caar. It is Russia that has been bluffing the deluded world. However it may be in the West, it is sure that there is nothing to fear from her in Asia, either on the Manchurian or the Indian border, if any other Power will only pluck up courage to resist her. This the New Japan has dared to do, and the black bear is utterly demoralized before the swarm of yellow hornets. It looks as if Russia would have to put off for a century, which means forever, her ambition to have four capitals—St. Petersburg, Moscow, Constantinople and Peking.—New York Independent.

## School Teachers' Salaries.

**A**SUMMARY of the salaries paid to the school teachers in the chief European countries appeared recently in several American newspapers. This report showed that the salaries of teachers in England range from an average of \$850 for men to \$250, or even as low as \$200, for women. The lowest annual salary paid to a full-fledged teacher in Belgium is \$192. In Denmark city teachers begin with \$250 and village teachers with \$182. The average for a country or village teacher in Prussia is \$215 per year, although Berlin teachers receive from \$315 to \$650; women are paid from \$140 to \$400. France has an irreducible minimum of \$220. Holland \$100, Portugal \$96 for the country and \$108 for the city, and Sweden and Norway \$136 for men and less than \$90 for women. The average salary in Switzerland is \$340 for men and \$275 for women. Greece divides its teachers into classes, those in the first receiving a maximum salary of \$25 per month, those in the second \$16, and those in the third \$13. Teachers' salaries in Spain vary from \$100 per year in the villages to \$480 in Madrid.—Montreal Star.

## Labour as Joy or Curse.

**I**T is worthy of note that all the great historical religions of the world—whether of the millions of Egypt tolling under the lash to build the pyramids at the wages of a couple of onions and a piece of dry bread a day, or of the millions of India working in the rice swamps amid swarms of pestiferous insects, or of the millions of the Semitic race whose traditions have been gathered together in the story of Eden and of the fall in the Book of Genesis—all have been rooted and grounded in the problem of the common doom of man that he must eat his bread in the sweat of his body and the sweat of his mind. None of these religions affects to treat the issue flippantly, rhetorically or with commonplace platitudes, but with awful seriousness. The enormous overweight of the burden of the work in comparison with the strength, spirits, interest and reward of the worker is what oppresses the minds of these teachers and prophets and brings them to the common ominous conviction that this must be the outcome of some

primeval curse and of some stupendous moral catastrophe, redemption from which is the end and aim of all higher spiritual hope.

Labor may be either joy or curse. All turns on whether it is encountered with freshness, spontaneity and zest, or whether it is draining to the dregs the springs of life. Once for all, out with it, fair, square and plump! There is no more dignity nor elevation in mere labor than in a mechanical pump-handle. What it lifts from the living, central springs beneath determines all. Our joy must be in this living water welling up, as we ourselves quaff its refreshment or extend it to the thirsty lips of others. For this sole joy that is set before us must we endure the cross and despite the pain. We think the poets exempt from this dull, pure children of inspiration. Never the weary pump-handle for them, but only the leaping geyser. But hear what Milton has to say: "No worthy enterprise can be done by us without continual plodding and weariness to our faint and sensitive abilities."—Boston Herald.

## The American Husband.

**A**N American young man does not as a rule look forward to marriage nor prepare for it by saving any considerable portion of his ante-nuptial income. When he marries it is usually on short notice, and because he has fallen very desperately in love with some one and cannot find it in his heart to wait until cold caution declares the venture advisable. Even when an engagement is a long one he usually squanders so much on gifts and entertainments for his fiancée that there is only a very moderate amount to begin housekeeping on. Thus before his marriage the young American of the middle class begins to give evidence of what is to be his chief national characteristic as a husband—his unfeeling, unselfish and almost imprudent generosity.

The middle class husband in America rarely interferes with the affairs of the household. He hardly knows the cost of staple articles of food. As a rule he does not make his wife a regular allowance either for household or personal expenses, but gives her as much as he can spare, freely, but with a lack of system that is not conducive to the best outlay of their income.

The young American husband is also very indulgent to his wife's fondness for fine clothes. He would far rather have an extravagant wife than a dowdy one, and although he grumbles occasionally at a millinery bill, in reality he glories in the resplendent appearance of his wife in her fine feathers. The American husband is rare who does not concede his wife's right to expend a much larger sum with her dressmaker than he does with his tailor. Indeed he often leaves his tailor altogether and cheerfully repairs to the ready-made clothing house in order that his wife may have more money for extravagant finery.—London Telegraph.

## The Evil of Worry.

**D**OUTBLESS there has been more or less worry since Adam hid in the bushes, but it is a curious physiological—indeed, it may be a psychological—fact that real worry, the worry that has a definite cause, is not so wearing as the imaginary worries that we persist in taking to bed with us. We cannot rest and be busy at the same time, and it is not hard to guess what will happen to the brain that insists on fretting and worrying when it should be enjoying the serenity of repose. There are doctors who can examine your eyes and tell you whether you have kidney disease, but how much better it would be if some specialist could arise who can locate worry and pluck it out, as it were, by the roots. It is a baleful source of poison at best, and at its worst, it is ruinous. Happy the man who is able to take the measure of his worries and troubles and value them for what they are! Happy, thrice happy, is the man who can present to their attacks the impenetrable armor of serenity! His years shall be long and full of charity. His head shall be in the sunshine, and there shall be no shadow about his feet. Old men will follow him, and little children shall be his companions.—Atlanta Constitution.

## WHALEBONE WHALES.

Their "Baleen" the Most Valuable Product Obtained from Whales.  
Another group of whales have no teeth, but the Mouth is provided with several hundred closely packed horny, flexible plates or slabs suspended from the roof of the mouth and hanging on each side like a curtain, so that when the mouth is opened as wide as possible their ends are received within the lower jaw. These plates, which in some whales are nine or ten feet long, have pointed, frayed extremities, and are lined with long, stiff hair. This peculiar substance in the mouth of whales, which is called baleen, or whalebone, although it is not bone, is now the most valuable product which is yielded by these creatures; and to obtain it thousands of men brave dangers of the seas, of the Arctic ice, and of the chase, killing the whales by hurling harpoons and shooting explosive bullets into them from a small boat.

Among the various kinds of whalebone whales is the right whale, which reaches a length of 90 feet and yields 200 barrels of oil and 1,000 pounds of long, valuable baleen; the humpback whale, which is sometimes 75 feet long, but has short bone and little oil; the finback and sulphur-bottom whales, of large size but comparatively little value; and the bow-head, Greenland, or polar whale. The last is at home among the ice fields, and is now the most sought of all the whales on account of the excellent quality and large quantity of its baleen. The maximum length is 65 feet, and its bulk is immense; the huge head represents a third of the length, and the tail is 15 to 20 feet across. The largest bow-heads produce several thousand pounds of bone worth \$5 or \$6 a pound, and 6,000 or more gallons of oil worth 40 cents a gallon.

In feeding, the baleen whales drop the lower jaw and swim forward rapidly, and all kinds of small floating animals—fish, shrimp, winged mollusks—pass into the yawning mouth. When the lower jaw is closed, the plates of baleen are forced upward and backward, the water rushes through the sieve formed by the hairs, the food is left behind, and is swallowed by the aid of the tongue.

Some of the baleen whales are said to attain a length of more than a hundred feet, and there are authentic records of examples measuring between 90 and 100 feet. The largest species of whale, and therefore the largest of all living animals and the largest creature that ever existed, so far as we know, is the sulphur-bottom whale of the Pacific coast. One of these was 95 feet long and 30 feet in circumfer-

## SIX CHANGES IN WOMAN'S FIGURE IN FORTY YEARS.



"Well, I'll have to give up and just adopt that hopeless style of figure described as a pillow with a string around it," announced the woman who at 56 was the proud possessor of a shapely figure, and who had just learned on good authority that tight lacing was coming into fashion again. "No less than six times in the last forty years I have completely changed the outline of my figure, and I am afraid I am now getting to an age where comfort is almost as much of a consideration as appearance.

"I will remember when I was 16 how pretty the fashionable figure was with its neat, small waist in the place where a waist ought to be. How trim and dainty we were. But I'm afraid a little tight lacing was needed to get the desired effect.

"Next we had those short waisted shapes which brought the squeezing away above the natural waist line. Absurd enough they would look now, but we thought them charming when they were in fashion.

"Then came those long, slim figures of the '80s with the bust unnaturally high, the waist compressed as far as possible into the hips. Pert, smart, and saucy they looked, and they were only acquired at the expense of a good deal of squeezing all along the line.

"In the '90s we had a genuine hour glass figure, girl tight around the waist and bulging above and below. I always thought it stupid.

"The low bust and sudden hip effect which came in next was thought to be free and natural, but was really decadent and the little girde corset then worn could be drawn as tight as any other.

"The straight front wide waisted fashion—bless it!—is the only one I know which combines comfort and style. O, why can't it last?"—Exchange.

ence, and weighed by calculation nearly 300,000 pounds. The sulphur-bottom whale is further distinguished by being the swiftest of all whales and one of the most difficult to approach; it glides over the surface with great rapidity, often displaying its entire length; and when it respires the immense volume of vapor which it throws up to a great height is evidence of its colossal proportions.—St. Nicholas.

## Women vs. Unions in Chicago.

The working women of Chicago have long since passed through that preliminary and almost inevitable phase of their social and economic development. From the emotionalism of a few weak "auxiliaries" they have evolved, step by step, to the cool sanity of a complex, splendidly organized system of individual trades unions, recruited exclusively by feminine wage earners, and controlled by "lady" bosses and "lady" walking delegates.

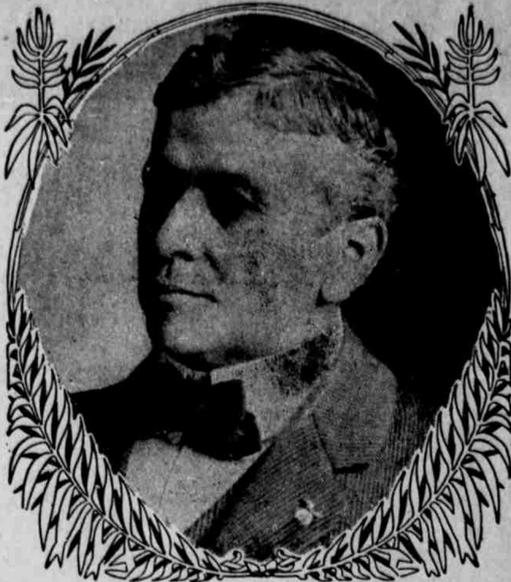
As a direct result of these organizations the wages of women have increased from a minimum of ten to a maximum of forty per cent. Their working day has been reduced from a

basis of sixty hours per week, and upwards, to a maximum limit of fifty-three hours per week, with ample pay for overtime. Child labor has been totally abolished in those industries where it had long been most flagrant, and in the few instances where it yet remains it is doomed to an early death so unrelenting is the war now being waged against it. Along with these have come radical sanitary improvements, larger and better ventilated shops, and, not least important, a generous and well-regulated allotment of holidays and half-holidays. The interrelationship of employer and employe has been reduced to a complex system of rules and agreements mutually binding and reciprocally effective, which the millionaire proprietor cannot disregard with less impunity than may the young girl toiler in his shop or mill.—From Trades Unions in Petticoats, in Leslie's Monthly.

Boys fall to realize that some day they will know as little as their parents. Too many men squander their money before they get it.

## A MICHIGAN MAYOR SAYS:

"I Know Pe-ru-na Is a Fine Tonic for a Worn Out System."



Hon. Nelson Rice of St. Joseph, Mich., knows of a large number of grateful patients in his county who have been cured by Peruna.

Hon. Nelson Rice, Mayor of St. Joseph, Michigan, writes: The Peruna Medicine Co., Columbus, Ohio: Gentlemen:—"I wish to congratulate you on the success of your efforts to win the confidence of the public in need of a reliable medicine. I know Peruna is a fine tonic for a worn out system and a specific in cases of catarrhal difficulties. You have a large number of grateful patients in this county who have used Peruna and have been cured by it, and who praise it above all other medicines. Peruna has my heartiest good wishes."  
—Nelson Rice.

## MARCH, APRIL, MAY.

Weak Nerves, Poor Digestion, Impure Blood, Depressed Spirits

The sun has just crossed the equator on its yearly trip north. The real equator is shifted toward the north nearly eighteen miles every day. With the return of the sun comes the bodily ills peculiar to spring. With one person the nerves are weak; another person, digestion poor; with others the blood is out of order; and still others have depressed spirits and tired feeling. All these things are especially true of those who have been suffering with

catarrh in any form or in gripe. A course of Peruna is sure to correct all these conditions. It is an ideal spring medicine. Peruna does not irritate—it invigorates. It does not temporarily stimulate—it strengthens. It equalizes the circulation of the blood, tranquillizes the nervous system and regulates the bodily functions. Peruna, a medicine, so many spring medicines, is not simply a physic or stimulant or nervine. It is a natural tonic and invigorator. If you do not receive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

**Libby's Luncheons**  
Put a variety into Summer living—it's not the time of year to live near the kitchen range. Libby's  
Veal Loaf, Potted Turkey, Deviled Ham, Ox Tongue, &c.  
quickly made ready to serve.  
Send today for the little booklet, "How to Make Good Things to Eat," full of ideas on quick, delicious lunch serving. Libby's Atlas of the World mailed free for 2-cent stamp.  
Libby, McNeill & Libby, Chicago

**Sale Ten Million Boxes a Year.**  
THE FAMILY'S FAVORITE MEDICINE  
**Cascarets**  
CANDY CATHARTIC  
THEY WORK WHILE YOU SLEEP  
BEST FOR THE BOWELS

**Anglo-Saxon English.**  
There is an old fallacy that Anglo-Saxon words are better. The fallacy is based on the belief that words of Anglo-Saxon origin are more simple and vigorous than those derived from Latin. In point of fact, some Anglo-Saxon words are obscure and long, and many of our commonest, most simple words are from the Latin. The London News tells a story in point.  
A barrister more remarkable for the vigor of his address to juries than for the proceeding of the other party in a case under trial.  
"I do not know what gloss my learned friend is going to put upon this matter, but I will not mislead my words. I denounce it in plain, downright Anglo-Saxon English as a nefarious transaction."

**W. L. DOUGLAS**  
\$4.00, \$3.50, \$3.00, \$2.50  
MEN'S SHOES BEST IN THE WORLD.  
W. L. Douglas shoes are worn by more men than any other make. The reason is, they hold their shape, fit better, wear longer, and have greater intrinsic value than any other shoes.  
Look for the name W. L. DOUGLAS on the inside of the shoe. Double-stitching in the toe and heel. Made in U. S. A. Write for catalogue. W. L. DOUGLAS, Brockton, Mass.

**BEGGS' BLOOD PURIFIER**  
CURES catarrh of the stomach.  
S. C. N. U. No. 18-1904